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DON'T GET COLD FEET

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Take our daily news quiz to test your knowledge by going to **www.metro.us/news-quiz** to submit your answers.

1. Why did the Medford police union president recently issue a public apology?

2. Who did the Patriots trade Jamie Collins to?

3. Which studly British actor is Madonna allegedly dating?

3 things you need to know

POLL: CLINTON'S LEAD SLIPS AS FBI LOOKS AT MORE EMAILS

1 Democrat Hillary Clinton's lead in the U.S. presidential race has narrowed slightly since the FBI said late last week it was reviewing new emails in its investigation of the former secretary of state, according to a Reuters/Ipsos opinion poll released on Monday. Clinton had a 5 percentage point lead over Republican rival Donald Trump, according to the Oct. 26-30 survey, down from 6 percentage points posted in the five-day tracking poll last Thursday. Other polls have also shown Clinton's lead slipping over the weekend. Real Clear Politics, which averages the results of most major polls, shows that Clinton's lead has declined from 4.6 points on Friday to 2.5 points on Monday. Federal Bureau of Investigation Director James Comey told Congress in a letter made public on Friday that his agency was looking into new emails that may be connected to Clinton. REUTERS

GE TO MERGE OIL UNIT WITH BAKER HUGHES TO CREATE SERVICE GIANT

2 General Electric Co. (GE.N) said on Monday it would merge its oil and gas business with Baker Hughes Inc (BHI.N), creating the world's second-largest oilfield services provider as competition heats up to supply more-efficient products and services to the energy industry after several years of low crude prices. The deal to create a company with $32 billion in annual revenue will combine GE's strengths in making equipment long-prized by oil producers with Baker Hughes's expertise in drilling and fracking new wells. Shares of Baker Hughes were down nearly 7 percent, a drop that executives said likely was due to the deal's complicated structure. REUTERS

US STOPPED PHILIPPINES RIFLE SALE THAT SENATOR OPPOSED

3 The U.S. State Department halted the planned sale of some 26,000 assault rifles to the Philippines' national police after Senator Ben Cardin said he would oppose it, Senate aides told Reuters on Monday. Aides said Cardin, the top Democrat on the Senate Foreign Relations Committee, was reluctant for the United States to provide the weapons given concerns about human rights violations in the Philippines. The relationship between the United States and the Philippines, a long-time ally, has been complicated lately by President Rodrigo Duterte's angry reaction to criticism from Washington of his violent battle to rid the country of illegal drugs.More than 2,300 people have been killed in police operations or by suspected vigilantes in connection with the anti-narcotics campaign since Duterte took office on June 30. REUTERS

Study: Uber drivers more likely to cancel on rider with 'black sounding' name

Researchers at MIT, Stanford and UW looked at discriminatory practices in transportation services.

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ISTOCK

Uber drivers in Boston are more than twice as likely to cancel a ride when their passenger has an "African-American sounding" name, according to a study published Monday by researchers at Massachusetts Institute of Technology, Stanford University and the University of Washington.

The study, which looked at racial and gender discrimination by transportation companies, took into account more than 1,400 individual cases in which research assistants ordered, waited for and took rides primarily with Uber and Lyft in both the Boston and Seattle markets.

One experiment within the study found that black people waited as much as 35 percent longer for rides in Seattle. In Boston, a separate experiment found that across all trips, the cancellation rate for passengers using "African-American sounding" names with Uber was more than twice as often compared to when the same passengers used "white sounding" names.

"The patterns of discrimination were quite clear and consistent in both cities — and one can only assume it's happening all across the country in other markets," said Christopher R. Knittel, one of the study's authors and a professor at the MIT Sloan School of management, in a news release. "The study has found major areas of racial discrimination within this new industry. It's quite concerning."

To reduce the rate of discrimination, researchers suggested that Uber and Lyft stop showing the names and/or photos of the riders to the drivers before an order is confirmed. Knittel, in an interview with Metro, said that some people pushed back on this suggestion because it would make these rides less personal.

Rachel Holt, head of the North American operations for Uber, said in a news release that ridesharing apps are meant to change a transportation scene that has been "unequal for generations," by making it easier and more affordable to get around.

"Discrimination has no place in society, and no place on Uber," she said. "We believe Uber is helping reduce transportation inequities across the board, but studies like this one are helpful in thinking about how we can do even more."

Knittel appreciated that response from Uber and said that he thinks "that's the right attitude to have."

Though the study mentions both Uber and Lyft, it concluded that there was no functional impact on communities of color with Lyft, said Adrian Durbin, the company's director of policy communications.

"We are extremely proud of the positive impact Lyft has on communities of color," she said. "Because of Lyft, people living in underserved areas — which taxis have historically neglected — are now able to access convenient, affordable rides."

Lyft doesn't tolerate any form of discrimination, Durbin said.

Knittel noted that he and the other researchers want to stress that they are not saying Uber and Lyft are any worse than the taxicab industry.

"It's more that Uber and Lyft can be better," he said.

The study found documented discrimination when it comes to taking taxis as well. In Seattle, they found that if the customer was white, the first cab passed them 20 percent of the time. If the customer was black, the first cab passed them 60 percent of the time.

"It's very difficult to do an apples-to-apples comparison of which is better or which is worse," Knittel said. "Our focus is more on how can these services improve upon themselves."

BRIEFS

Bridj proposes to provide late-night service through partnership with MBTA

The MBTA killed its late-night services last February after reports of low ridership and high cost, but now a Boston-based private transit company has offered to help residents across the city get around at night through a partnership with the T.

The transit authority's fiscal and management control board heard an unsolicited proposal from Bridj on Monday outlining a partnership in which the private company would provide 10 vehicles for five hours a night, 365 nights of the year.

FLICKR CREATIVE COMMONS

"Everyone in this room agrees late-night service is vitally important to this community in general as well as people in the businesses that make it up," said Mary Rose Fissinger, a systems operations associate at Bridj who spoke at the meeting. "Efficient and affordable transportation in the late -ight hours means that the stress of getting to or home from work decreases dramatically for thousands of people [as well as] people getting to or from the airport or a hospital."

The T would pay Bridj $85 an hour — an estimated $1.55 million annually. Some of this will be recouped in fares, which the MBTA could set at or higher than current bus fares.

The proposal by Bridj is 35 percent less than the $132 an hour per vehicle cost of an MBTA bus but slightly higher than the $83 an hour per vehicle of the T's current contracted buses in Winthrop.

The MBTA shut down its late-night service that extended service until 2 a.m. on Friday and Saturday nights last February.

KRISTIN TOUSSAINT

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If You're Suffering from a Leaky Bladder, Do This One Thing

Dr. Victor Marchione shows why adult diapers and padded underwear are becoming a thing of the past.

Dr. Victor Marchione has been practicing medicine for over 26 years and has been featured on ABC News and World Report, CBS Evening News with Dan Rather and the NBC Today Show. He recently remarked, "I understand that educating people about ways to prevent sickness and promote inner health is the best approach to medicine"

Wilkesboro, North Carolina

Carrie B suffered from bladder problems for about 10 years. What started off as a small leak whenever she sneezed or laughed, ended up with her losing so much control of her bladder, she had to cut down on going out. She tried drugs, but they came with nasty side effects, so she gave up on them and tried adult diapers. She hated the rustle of the diapers and was very conscious of the unmistakable odor of stale urine. Nothing seemed to work for Carrie until she did this one thing.

Fast relief that will leave you speechless

When asked how she felt, at first all she could say was "I can't' find the words to express how great I feel." But later on she added. "I had so many accidents in public, I was afraid to leave the house. I even had to stop going to church. It was so humiliating, I cried. Within one month of trying Bladder Rescue I no longer have accidents! I've started going back to church and I'm socializing again… Thank you!

Like Carrie, you too can get back your freedom. The freedom to plan your day according to what you want to do, and not what your bladder will allow. You never have to bother about how long a movie will last, or how much you can drink, or even whether there is a toilet nearby. But you have to act now. Don't let another day do by.

Ignore bladder problems at your own risk

You see a leaky bladder not only ruins your social life, and prevents you from getting a good night's rest, it can lead to secondary complications. Urinary tract infection, bladder stones, kidney stones can all stem from a simple leaky bladder. And there is statistical evidence of a leaky bladder resulting in falls, fractures and even severe mood swings. While a leaky bladder can be downright humiliating, talking about it is embarrassing. Which is why most people don't even tell their family doctor about it.

This is a big mistake because, without proper care, a leaky bladder will only get worse.

Effective bladder care right at home

Thanks to Dr. Victor Marchione, we are able to bring effective bladder care to the confines of your home. Though Dr. Marchione is a certified M.D, his success with natural ingredients has given him the moniker – Food Doctor. Dr. Marchione, has recently developed a powerful and effective formula that is bringing back the freedom into the lives of thousands of women. And men too. It has natural ingredients, is drug free, and best of all, it is fast acting. It is aptly called Bladder Rescue. And as you can see from Carrie's story, it is clearly living up its name.

No more adult diapers. No more sleepless nights!

While there are thousands like Carrie who are happy to be using Bladder Rescue, the growing popularity of Bladder Rescue could have a negative impact on the adult diaper industry. What was till now a growing business (In many countries, including the US, sales of adult diapers are set to exceed the sales of baby diapers), could suddenly see a change in their fortunes. The diaper industry will be even more worried when they realize, Carrie's success is no fluke and is based on scientific principles.

The science behind the success

Your bladder is made up of different muscles. These muscles house a hollow cavity to hold urine. Bladder muscles, called sphincters, as well as muscles of your pelvic floor, keep urine from leaking.

When your bladder and pelvic floor muscles are strong, they can handle any extra pressure from a cough, sneeze or laugh. But as these muscles become weak with age, any sudden pressure can push urine out of the bladder unexpectedly. In fact, a recent Mayo Clinic report confirms that if you want to reduce bladder leakage, the first thing to do is strengthen all your bladder and pelvic floor muscles. And this is exactly what the main ingredients in Bladder Rescue - pumpkin seed extract and soy isoflavones – are proven to do.

Clinical trials back the science

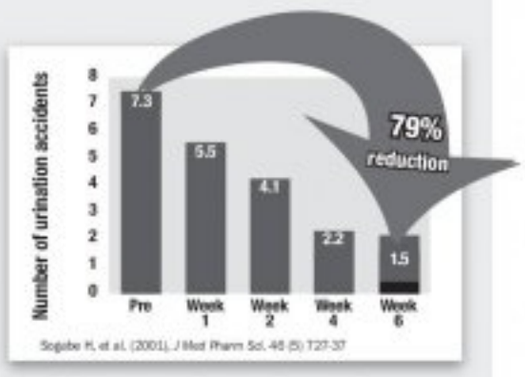
In an eight-week placebo-controlled clinical study, the water soluble pumpkin seed extract worked far better at strengthening the bladder and urinary tract than the placebo. In fact, it slashed frequent urination and leakage up to 57%. And nighttime urinations were reduced by as much as 60%. While this is great news it is not enough.

But when pumpkin seed extract combines with soy isoflavones, this dynamic duo rapidly reduced the number of frequent urinations and episodes of leakage. In fact, in one clinical study, participants reported a dramatic 79% reduction in urinary frequency and leakage starting in as little as 7 days.

Of course there two ingredients are ably supported by the other ingredients in Bladder Rescue – Vinpocetine, Magnesium, Cranberry, and the vitamins C, B12, and D. All of which are proven to help strengthen bladder muscles and support bladder health.

Participants REDUCED Nightly Frequency and Leakage 79%

(From 7.3 to 1.5 episodes)



Participants who took part in a clinical study experienced an average of 7.3 episodes of leakage at night. Six weeks later, they dropped to only 1.5 – an astounding 79% reduction in urinary frequency and leakage!

Works for both men and women

According to Dr. Marchione, as the bladder muscle in both men and women is similar in structure, and function, the ingredients work well for both the sexes. But for men, their urinary symptoms could be caused by an enlarged prostate. So it's important to come to a correct diagnosis, before addressing the symptoms. If it's a bladder problem, support the bladder muscle. If the symptoms are because of an enlarged prostate, proceed accordingly. Having said that, even after the prostate problem is resolved (drugs, supplements surgery) the leakage can continue. This is because an enlarged prostate can alter bladder muscle function in the long run. In which case, Bladder Rescue can come to the rescue.

Special Offer for Our Readers

We requested that Dr. Victor Marchione give our readers a 60 day, 100% satisfaction guarantee to try Bladder Rescue, and he agreed! That's right, you'll have a full 60 days to try out Bladder Rescue. If you're not satisfied with the product, or for any other reason, you can return the bottles (open and unopened) and you'll owe nothing! No questions asked, ever!

And if you call today, you can find out how to obtain additional bottles too, entirely FREE. We'll even pay the shipping cost! In as little as 7 days you can start to see the difference and by the end of a month of using Bladder Rescue, you can get relief from your leaky bladder and more importantly, get back to living life on your terms. But please hurry! Supplies are limited. Call 1-800-963-5879 today, before it's too late and this offer is closed forever.

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Boston man 'breaks up' with the T

Tory Bullock isn't happy about rising prices and lackluster service.

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Boston resident Tory Bullock is "breaking up" with the T. TORY BULLOCK/FACEBOOK

One Boston man is breaking up with the T and he wants everyone to know it.

Tory Bullock of Mission Hill, an actor and artist known for posting comedic Facebook videos that address race and social issues, is taking on the city's transit system in his latest video, "The Breakup," which has stacked almost 12,000 views since it was posted Sunday at 6 p.m.

After growing up in Boston, Bullock feels like he can't trust the T anymore. His video opens with him sitting at the Heath Street station on the Green Line hesitant to board the waiting trolley.

"I don't want to get on right now. You know why I don't know why I don't want to get on? Because I don't know if I'm going to be able to get off," he says.

"Have you seen the video footage? It's all types of craziness it's out of control," Bullock says, cutting to a clip of people jumping out the windows of an Orange Line train a Back Bay station on Oct. 26.

Bullock alludes to recent improvements by the Massachusetts Bay Transportation Authority, but said it's not enough to convince him to ride.

"Yeah T, you look good. You cleaned yourself up a little bit. I like what you did with your Green Line. It looks really good now, but I'm not going to get on you. I'm not going to trust you because it's not that kind of relationship," he says in the video.

The T is known as America's first subway and served as a blueprint for other underground transit systems in New York City, Philadelphia and beyond.

"You were the first, you were the original," Bullock says. "Now all these years later, they're better than you are at being you."

As fares continue to rise, service keeps getting worse. Bullock remembers the days when he could ride for $1.25.

Bullock gives the wrong fare price in the video, saying it costs $3.70 to ride. The actual cost is $2.75. He corrected himself in his Facebook post.

But his point still rings true.

"Your prices are skyrocketing and your service is steadily getting worse and worse and even more dangerous," Bullock says, at the end of the almost four-minute video.

"Why don't you just get out of here. Leave girl. I don't need you. Just go," he adds.

MBTA spokesman Joe Pesaturo said about $3.7 billion over the next five years will be put toward track, and signals, trains, buses, facilities and bridges.

"[These are] projects that will make the system safer and more reliable," he said.

But in the interim, Bullock has a call to action for his viewers.

"Let's start the conversation. How do you feel about the T?" he asks.

Bullock has made about a dozen videos like his "breakup" with the T over the past two years, focusing on social justice issues and encouraging people to connect.

"I'm talking about things that everyone is thinking, but just saying it in my own voice," he said.

Some of Bullock's videos have clocked views into the hundreds of thousands, which he said is all the inspiration he needs to keep going.

"I'm just putting stuff out there and people are looking at it and realizing, 'Wow, I have a voice,'" he said.

BRIEFS

Medford police union president apologizes for 'arresting' Hillary Clinton

The president of the Medford police union said he used "poor judgment" when he posed for a photograph with a person dressed as a shackled Hillary Clinton.

Harold MacGilvray of the Medford Police Patrolmen's Association apologized for the photo in the wake of social media backlash.

MacGilvray said the photo, which featured himself, another Medford officer and a person donning a Clinton mask, orange jumpsuit and wrist shackles, was not meant to make a political statement. He said the picture was snapped as a joke during a community Halloween festival, Boston.com reported.

The photo was originally posted on the police union's Facebook page Saturday with the caption "Look who MPD grabbed at the Fall Festive in Haines Square Today ..." The photo was later taken down, the Boston Herald reported.

Although the Medford Police Patrolmen's Association does endorse political candidates, MacGilvray said the photo was not meant to send a message.

"it was meant to be funny," he told the Herald in an email.

The photo was reposted by New Hampshire state Rep. Al Baldasaro, a Republican who has endorsed Donald Trump.

Baldasaro's tweet had 57 retweets, dozens of comments and 73 likes by Monday. Some responses were in support, others angry that police would take such a photo.

"You really are a disgrace," a Clinton supporter responded.

"What's the problem? Hillary is the most documented criminal in history," wrote another user. "BRAVO!"

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Study: Zika causes infertility, lasting harm to testes in mice

A study of mice infected with Zika showed the virus caused lasting damage to key cells in the male reproductive system, resulting in shrunken testicles, lower levels of sex hormones and reduced fertility, researchers said on Monday.

So far, the findings are only in mice, but the result is worrisome enough to warrant further study because of possible implications for people, said Dr. Michael Diamond of Washington University in St. Louis, whose research was published in the journal Nature.

"It has to be corroborated," Diamond, a professor of pathology, immunology and molecular microbiology, said in a telephone interview.

Much of the global effort to fight Zika has focused on protecting pregnant women from infection because of the grave implications for their unborn children.

Zika infections in pregnant women have been shown to cause microcephaly, a severe birth defect in which the head and brain are undersized, as well as other brain abnormalities.

Aedes aegypti mosquitos are known to carry the virus. GETTY IMAGES

Previous studies have shown that Zika can remain in semen for as long as six months. But little is known about whether prolonged exposure to the virus in the testes can cause harm.

To study this, Diamond and colleagues injected male mice with Zika. After a week, the researchers recovered infectious virus from the testes and sperm, and they found evidence of viral genes in certain cells of the testes. But overall, the testes appeared normal compared with other lab mice.

After three weeks, however, the differences were stark. The testes in the Zika-infected mice had shrunk to a tenth of their normal size, and the internal structure was destroyed.

"We saw significant evidence of destruction of the seminiferous tubules, which are important for generating new sperm," Diamond said.

The researchers also found that Zika infects and kills Sertoli cells, which maintain the barrier between the bloodstream and the testes and foster sperm growth. Sertoli cells do not regenerate.

That raises the specter of long-lasting damage.

"The virus is infecting a site which doesn't really renew if it gets damaged. That is the problem," Diamond said.

Tests of testicular function showed sperm counts, sex hormones and fertility had dropped. Infected mice were four times less likely to impregnate a healthy female mouse than healthy males.

"This is the only virus I know of that causes such severe symptoms of infertility," added Dr. Kelle Moley, a fertility specialist at Washington University and a study co-author.

There is no vaccine or treatment for Zika.

REUTERS

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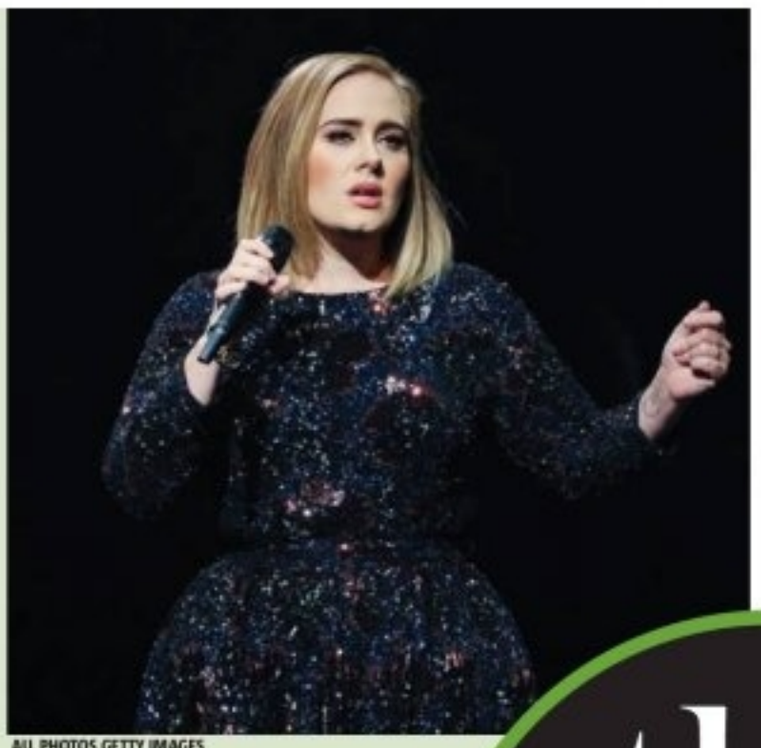
Adele opens up about postpartum struggles



ALL PHOTOS GETTY IMAGES

Adele has built a massive career with her powerful voice — both in music and in life. And at the height of her career, she took on a new role as mom, or rather, mum. In a recent interview for Vanity Fair, Adele opened up about her struggles with motherhood.

"One day I said to a friend, 'I f—in' hate this,'" the 28-year-old admits. "My knowledge of postpartum — or postnatal, as we call it in England — is that you don't want to be with your child; you're worried you might hurt your child; you're worried you weren't doing a good job. But I was *obsessed* with my child. I felt very inadequate; I felt like I'd made the worst decision of my life … Eventually I just said, 'I'm going to give myself an afternoon a week, just to do whatever the f— I want without my baby.'"

We're glad that for at least a short time, Adele's not rolling in the deep.

the word

SESALI BOWEN
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Are Madonna and Idris Elba dating?

We were so excited to cover Idris Elba's victory in his debut kickboxing fight — it looks like the actor is being molded into a real life James Bond — that we may have overlooked a juicy detail. As mentioned, Madonna was ringside, cheering Idris on and capturing the fight for Instagram. While we were swooning over the 44-year-old, none of us thought to ask why the pop icon was there.

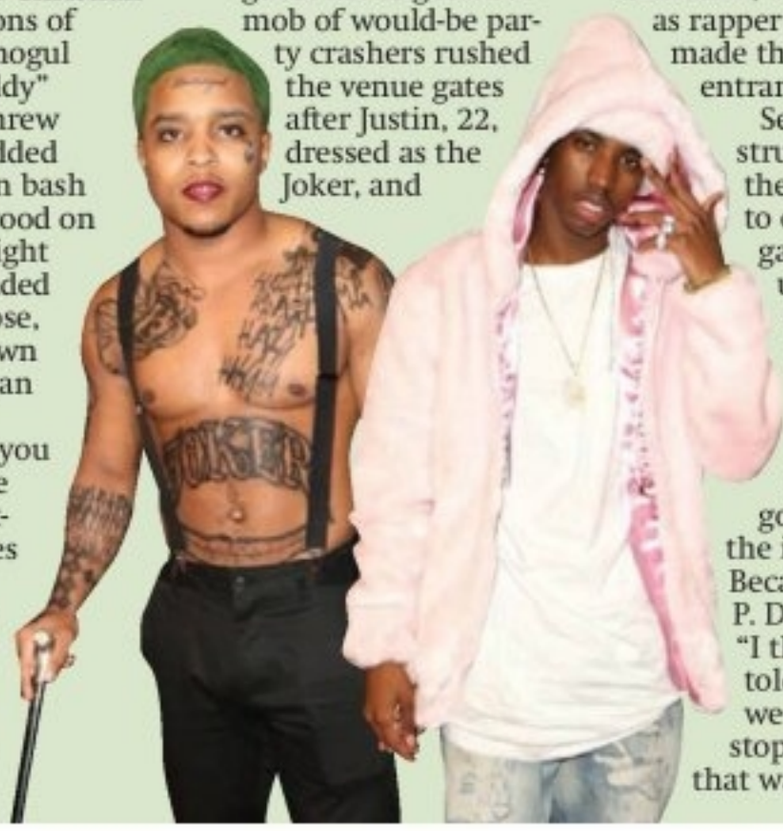
Well it looks like the two might have a thing! A source told the Sun that they were kissing after the match and pretty cozy at an after party. Elba took to Twitter to deny claims that they were sleeping together.

To Elba's defense, Madonna does seem to have a knack for publicly locking lips with celebs. Ask Britney Spears and Drake.

Slash claims he was never married to wife of 15 years

Celebrity breakups are in a league of their own when it comes to drama. And new developments in the divorce between Guns N' Roses guitarist, Slash, and his wife of 15 years, Perla Ferrar, is a case study in this. Perla speculates that half of the 51-year-old rock legend's fortune is worth over $10 million. Oh, and that fortune would be the one she claims she's entitled to — as there was no prenup. But Slash, whose real name is Saul Hudson, is throwing a curveball according to TMZ. He claims that the two of them were never actually married. Perla was still legally married to someone else when she and Slash tied the knot in 2001 thanks to a mishandling of divorce paperwork. The error was discovered years into her marriage to Slash and a judge retroactively fixed the mistake in 2009. But Slash says this mistake nullifies their 15-year marriage, shutting down her claim to half of his money. Welcome to the jungle known as divorce.

Mob tries to crash Diddy's sons' Halloween bash



Justin and Christian Combs, sons of hip-hop mogul Sean "Diddy" Combs, threw a star-studded Halloween bash in Hollywood on Sunday night that included Amber Rose, Chris Brown and Meagan Good.

When you throw one of the hottest parties in town, there are bound to be some people trying to skirt the guest list to get in. A mob of would-be party crashers rushed the venue gates after Justin, 22, dressed as the Joker, and Christian, 18, dressed as rapper Cam'ron, made their grand entrance.

Security struggled with the group to close the gates and unleashed a dose of pepper spray to tame the rowdy crowd. The party kept going on after the incident. Because like P. Diddy said, "I thought I told you that we won't stop." Sorry, that was too easy.

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Laura Dern loves to work

The acclaimed actress talks about "Certain Women" and working with great filmmakers.

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Laura Dern plays a lawyer dealing with a problematic (but righteously angry) client (Jared Harris) in Kelly Reichardt's "Certain Women." SUNDANCE SELECTS

Laura Dern collects unique filmmakers like trinkets. Over her career she's worked with David Lynch, Todd Haynes, Paul Thomas Anderson, Jonathan Demme, Robert Altman, Steven Spielberg and more. She places Kelly Reichardt ("Wendy and Lucy," "Meek's Cutoff") right up there with them.

In the filmmaker's latest, "Certain Women," she takes the lead in one of the film's three stories. (The others star Michelle Williams, Lily Gladstone and Kristen Stewart.) Her character, Laura, is a lawyer whose wronged client (Jared Harris) winds up involving her in a hostage situation. It sounds like a powder keg, but Reichardt is more interested in the deceptively mundane moments. And for Dern, 49, that's what excites her about screen acting.

One thing I love about Reichardt's films is how much they dwell on in-between moments, when it seems like not much is happening but so much actually is.

She's definitely interested in what we usually don't see. What we often don't see is often what we're missing in people: what they're actually feeling and what they're going through, but which is not what's being spoken about. For me, it was a very exciting education in not simplicity — that's something I strive for no matter who I'm playing — but the character has a very specific kind of simplicity.

You seem to love working with filmmakers who have unique — often very, very unique — voices.

I'm such a fan of film, and I'm such an admirer and advocate for filmmakers making their visions. We have so few that really want to tell stories the unique way they want to tell them and will do whatever it takes to do that. Kelly is as fiercely true to that as anyone. She knows that if she wants to do it this way, it will have to be in a certain budget in a certain way, very run-and-gun. But she's going to make her movie. I've had that experience with David Lynch for my whole adult life. It's a beautiful thing when you get to witness that commitment to your vision. To be part of that vision, to be a collaborator in someone's voice that's particular and individual — that's why we do what we do.

I think on a film like this, if you gave it a lot of money it would take something away from it. It needs to be small.

It's true. There's a closeness and an intimacy that working in small independent films gives you. You're all working together. Everyone's there for love, from the person cooking to the people working together. Nothing is precious. We're all sharing one space to change and get hair and makeup done. You feel like you're doing a play. My dad [Bruce Dern] is a real inspiration for me in this area. It doesn't matter what the scale of the movie is or the kinds of people he's working with. He gets his hair and makeup done, then he sits on an apple box and spends time with the crew until they're ready for him. He loves being in the mix, because he loves watching storytellers do their work.

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Getting schooled

City sensibilities have changed, and the Public School designers are ready to keep up.

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Maxwell Osborne and Dao-Yi Chow of Public School at Saks Fifth Avenue in Boston. SMITA JACOB/HOGGER & CO. PHOTOGRAPHY LLC.

Public School designers Dao-Yi Chow and Maxwell Osborne have grown from fashion darlings (they were the only menswear brand chosen as part of the CFDA's Fashion Incubator in 2010) to a major driving force at one of New York's biggest design houses (they currently helm DKNY in addition to their own label). The New Yorkers, known for their ability to mix street, luxury and playful tomboy silhouettes, stopped by Boston's Saks Fifth Avenue to celebrate the arrival of their latest collection and their new game-changing collaboration with New Era.

It's funny because Boston considers itself a rival of New York, but New York doesn't quiet see Boston the same way. Since you're so representative of NYC, as a brand and designers, do you think that helps or hurts you in the Boston market? What about other "rival" cities? Is it a tough sell?

Dao-Yi Chow: It's so ingrained in what we do that it doesn't feel like sell to us. It's what you get when you experience Public School. You should be able to get a New York vibe, but it's not made to be an "our city is better than yours" type of thing. I also think, we hopefully represent every big city — sophisticated ease and the functionality that gets you through the entire day — those are the sensibilities that anyone in a big city can appreciate.

Do you feel these past few years have changed you as designers — especially having come from the CFDA/Vogue Fashion Fund microscope?

Maxwell Osborne: I think there's been a maturity that we're continuously learning from. Season by season and day by day, we're pushing hard, but over the years, we've learned a lot of what not to do. We've made lots of mistakes, but those are the mistakes that made us who are. And we keep learning from our mentors and embracing what they've taught us.

Who's taught you the most?

Chow: I think the business has taught us the most; not just one person. And making those mistakes, like Max said. Then ultimately learning to embrace who we are. Having gone through the CFDA progression, we felt like there was a role we had to play, but now we're coming into embracing our history and ideas and not being afraid of doing something because it might not fit into a fashion calendar, or old rules of what fashion has historically placed on designers. Now it's about doing what's right for our business.

Let's talk about New Era collaboration — team logos are such a sacred thing. Was it intimidating to approach the project?

Osborne: We were the first ones in history to alter the logos — other [designers] have been able to play with the colors or the placement of the logo, but no one's been able to alter it. We were so excited to do that.

Since NYC and the people living there are your muses, have you see her sensibilities change over the years? Is there a difference in what a New Yorker wants to wear?

Osborne: We've always thought about day-to-evening, and creating that sophisticated ease, and I think that's gone further [since we started out]. At one point, stretch fabric made up like 2 percent of what designers are showing you, and now it's like more than 80 percent. Everything needs to have a purpose and functionality more so than ever. Sneakers are more acceptable. Sweatsuits are appropriate. Just being comfortable is a trend.

INSTAGRAM/@ PUBLICSCHOOLNYC

Public School x New Era

Public School was tapped by New Era to reimagine the baseball caps for the New York Yankees and the New York Mets. The designers, who are opposing fans of the teams (Chow supports the Yankees, Osborne, the Mets), were given the opportunity to update and alter the logos for both teams for the first time in MLB history.

"It's that contrast that pops up in our work," explains Chow. "We appreciate that contrast. A [baseball cap] doesn't usually have its place in a woman's femininity, but it's always nice to break it up."

The limited-edition hats are available for $65-$75 at PublicSchoolNYC.com.

Kenzo x H&M hits stores this week

This season's most anticipated designer collaboration is finally here.

TINA CHADHA

Forget plain, dark hues — your fall wardrobe is about to get a maximalist makeover.

On Thursday, shoppers can finally get their hands on the print-tastic Kenzo & H&M collection in stores and online. For their collab with the Swedish retail giant, Kenzo creative directors Humberto Leon and Carol Lim — known for their bold prints and lux streetwear — looked to the past.

The designers wanted to honor the legacy of designer Kenzo Takada, the free spirit who broke down barriers in the late 1960s as the first Asian designer in the exclusive Paris fashion scene. So for the first time since taking the helm of the French fashion house, the duo dipped into the brand's archives.

The results are mix of dazzling, in-your-face prints and patterns — tiger stripes, DayGlo colors, ethnic textiles, boho silhouettes, kimono jackets — that will keep you looking far from basic. Here are some of our favorites from the line.

Working out in the winter

Tips to help keep you active during the colder months.

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Staying motivated to exercise regularly is hard enough; once winter strikes and the temperature drops, many of us eschew the idea of going for a run or a bike ride, instead opting to camp out under a blanket on the couch. (Netflix and warm?)

But much of that feeling of intimidation can be chalked up to inadequate preparation. Once you know what to wear to steel yourself against the elements and how to adjust your training regimen, the rest is mental. Here are some tips that will help keep you moving during the sluggish season.

Knowing the risks

Anthony D'Angelo, a physical therapist and strength and conditioning specialist with Professional Physical Therapy in Manhattan, says being able to identify the symptoms of frostbite and hypothermia is a top priority.

He recommends training in the cold weather with a buddy, who can help spot signs of frostbite (numbness, tingling, hardness of skin) and hypothermia (shivering, slurred speech, loss of coordination).

The rule of layering

Dave DiCerbo, the founder of Destination Backcountry Adventures, who leads New Yorkers on hiking and camping trips upstate, says, "Moisture is as much your enemy in the winter as the cold." Taking into account the role sweat plays in your comfort level is key for any type of winter workout.

Your base layer should be a close fitting, thin to medium-thick synthetic garment that will wick away moisture from your body so that you don't end up shivering in your own sweat. Uniqlo thermal wear is an affordable and satisfactory option. If it's an especially chilly day, go for a wool-synthetic blend: the synthetic will absorb your sweat, while the wool insulates well when wet, "so you get the best of both worlds," says DiCerbo. Cotton, which retains moisture, should be avoided.

Next, you'll need an insulating layer to help capture your body heat: a wool sweater, down vest or a fleece. And finally, an outer layer, or shell, such as a waterproof windbreaker, will protect you from wind and precipitation.

The trick is layering and delayering as your body temperature varies. "Don't sweat through your layers," he says.

Protecting your extremities

DiCerbo prefers wearing glove liners, which allow for dexterity, and then topping them with mittens for an extra insulating layer.

If you're biking — in which case mittens won't provide much in the way of functionality — Sam Richardson, manager at Bicycles NYC, warns against gloves that are too tight, which won't keep your fingers warm. You'll want them to fit "slightly looser than snug" so as to allow your body heat to warm the air between your fingers and the glove.

Richardson recommends a neck gaiter, which you can also pull up to cover your face, to help brace yourself against the wind (also applicable for runners). Helmet or skull caps, essentially a sock for your head, fit nicely under your helmet and cover your ears, "keeping the breeze off your dome piece," as he puts it.

Rather than doubling up on socks, which will cut off circulation to your feet, opt for a thicker brand, such as the Gore Thermo Road, he says. Winter cycling shoes, which are waterproof and insulated, are a worthwhile investment for a frequent cyclist. Toe covers, which you can slip over your regular shoes to protect your toes from the wind, make all the difference on a chilly ride.

Training tips to consider

Muscles tend to tighten up in the cold weather. D'Angelo recommends stretching the major muscles — Achilles tendon, calves, hamstrings and quads — before as well as after a workout. Using a foam roller to roll out your muscles after a workout helps loosen up the fascia, the layer of tissue between skin and muscle, and has the same effect as a massage.

Respiratory conditions are often exacerbated by the cold. For those who have asthma or have a history of bronchitis, D'Angelo suggests scaling back on training outdoors in the colder months.

Finally, make sure you stay hydrated. "You can perspire just as much in the cold as the heat," D'Angelo says.

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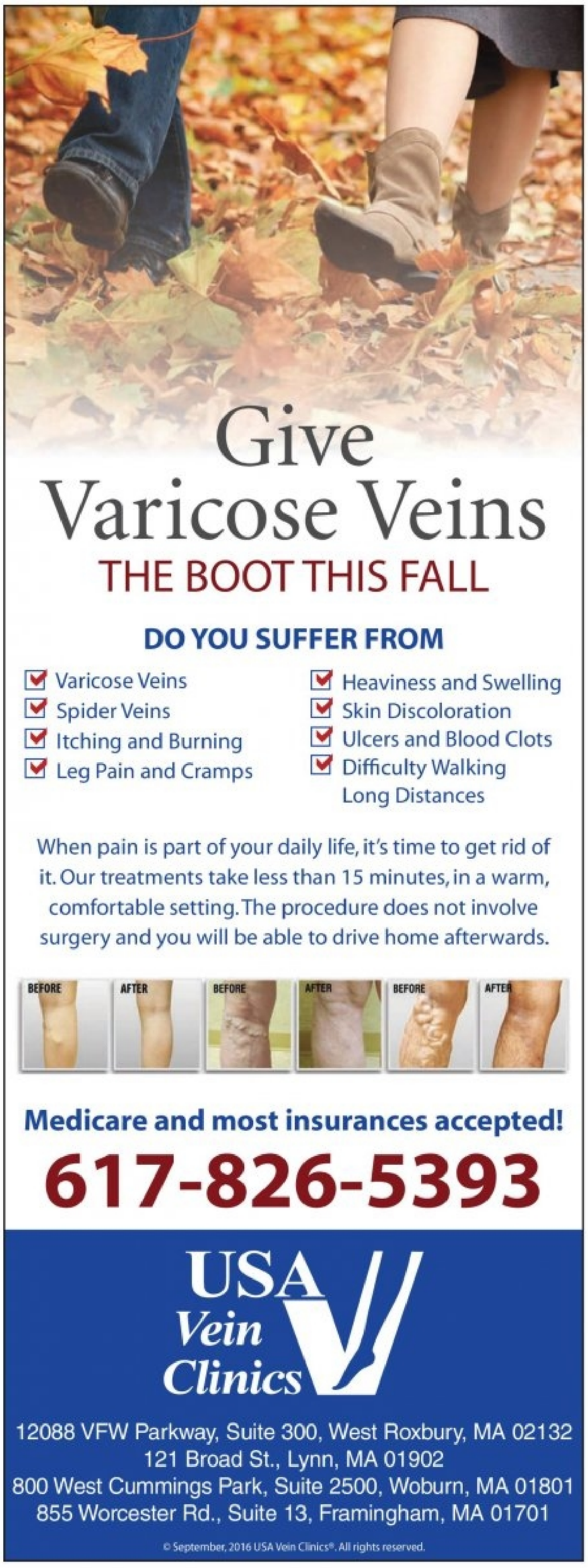
If you have a child between the ages of 13-18 who is feeling down, depressed or experiences little pleasure, you may qualify to participate in this research study. Your child can earn up to $300 and receive free therapy.

Researchers at McLean Hospital are investigating factors that put individuals at risk for symptoms of depression.

For more information, please contact Jessica at (617) 855-4425 or via email jbachetti@mclean.harvard.edu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A new study showed high-intensity weight training improved cognitive function in participants aged 55 to 86. ISTOCK

Weight training expands your mind and muscle

Australian scientists confirm that weight training is helpful for dementia patients.

It turns out that exercise builds brain as well as brawn. At least that's the case if you're suffering from dementia or mild cognitive decline, which are precursors to Alzheimer's disease.

According to statistics around 135 million people are expected to suffer from dementia by 2050. Researchers at Sydney University, Australia, who recently completed a study confirming that weight training regularly could make people more intelligent, think their discovery could help to build a "healthier ageing population."

The investigation, published in the Journal of the American Geriatrics Society, saw people aged 55 to 86 carrying out exercise and brain training. Results showed that people who were in the high intensity weight training group improved their cognitive function, compared to the group who received the low intensity exercise classes. "The high intensity group also had an increase in a particular part of the brain known as the posterior cingulate gyrus, and area known to be affected by Alzheimer's disease," said lead researcher Dr. Yorgi Mavros. He added: "Our study shows that these responses are mediated by strength gains. What this suggests is that the stronger you get from weight training, the better the benefit for your brain. So to maximize the effectiveness of your weight training program, you need to do it at a high intensity, around 80 percent of your maximum, and frequently, at least twice per week."

However, it still remains unclear whether the study results would apply to people that do not have dementia. Also, researchers have not found out exactly how doing weights makes people smarter. But they hope that more and more people will start doing strength training, because when done properly and under supervision, it is both safe and effective for people of all ages.

"In the future we would like to uncover the mechanism that stimulated the cognitive change," Mavros concluded. "We think whatever is making your muscles bigger and stronger is also having a direct effect on the brain. We don't know what it is yet, but we are looking to find this out. Until then, just remember, it's never too late to start exercising." MWN

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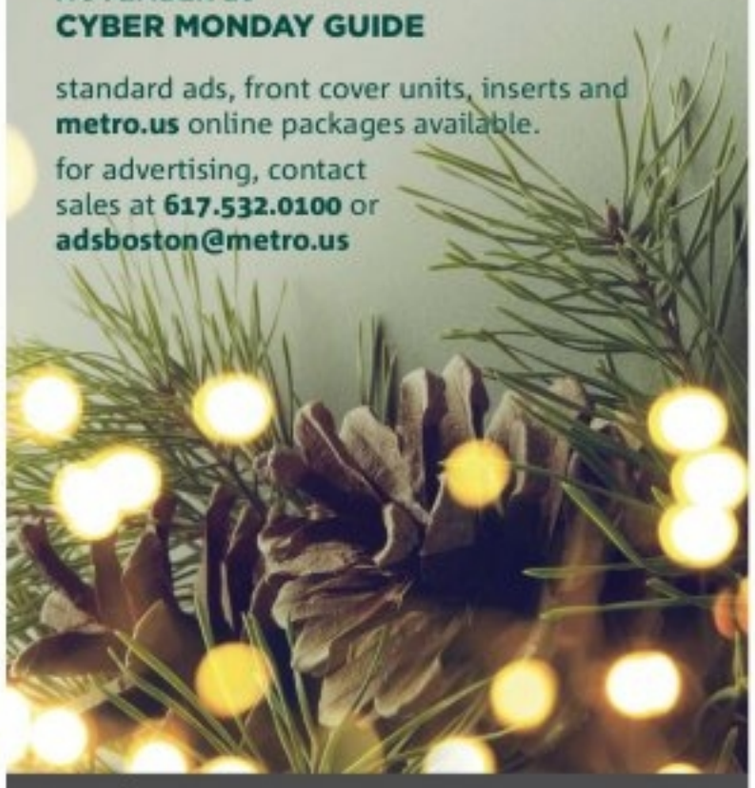

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Injectable birth control for men holds promise; risks remain

A new study shows injectable birth control for men had a failure rate of 7.5 percent, which is lower than condoms. ISTOCK

Injecting men with two different hormones every eight weeks suppressed their sperm production enough to act as birth control, according to a new study.

The study had to be stopped due to safety concerns, however. An independent safety board found that side effects, which included depression and other mood disorders, outweighed the potential benefits of the injections.

"Researchers are trying to identify a hormonal male contraceptive that is effective, reversible, safe, acceptable, affordable and available," the study's technical team wrote in an email to Reuters Health.

The researchers, led by Dr. Hermann Behre of Martin Luther University of Halle-Wittenberg in Germany, recruited 320 healthy men ages 18 to 45 from several countries. All had been in monogamous relationships for at least a year with women between 18 and 38 years old. The couples did not want to get pregnant within the next two years.

Every eight weeks, the men received injections of long-acting testosterone and progestin.

"Giving testosterone in high doses suppresses sperm production in the male reproductive organ or the testes over several weeks," according to the researchers.

Adding another hormone, "usually a progestin, helps increase the suppression of sperm production to lower levels, in more numbers of men," they continued. "It will also help to sustain it, so that injections may be given less frequently."

In 274 men, or 86 percent, sperm counts dropped to the target of less than 1 million per milliliter of semen after 24 weeks. Normal sperm counts range from 40 to 300 million per milliliter, according to the National Infertility Association.

Four pregnancies occurred among 266 couples over 56 weeks of follow up, the researchers report in the Journal of Clinical Endocrinology and Metabolism.

The failure rate of this form of birth control was 7.5 percent, they found. The U.S. Centers for Disease Control and Prevention says male condoms have a failure rate of 12 percent. In women, birth control pills, patches and rings have a failure rate of about 9 percent. Failure rates are below 1 percent for female implants and intrauterine devices and sterilization surgeries in both men and women.

Of the side events thought to be related to the injections, about 46 percent of men reported acne, about 23 percent reported injection site pain, about 38 percent reported an increase in libido and several reported mood disorders, including hostility, depression and aggression.

In addition to safety concerns, there are unknowns about this approach to birth control, said Dr. Landon Trost, head of andrology and male infertility at the Mayo Clinic in Rochester, Minnesota. In most participants, sperm production rebounded after the injections stopped, but the study only included men with healthy sperm counts.

It's important to realize, he added, that this form of birth control — unlike condoms — would not protect against sexually transmitted infections or disease.

The World Health Organization currently recommends condoms and sterilization as the only forms of male birth control. ANDREW M. SEAMAN/REUTERS

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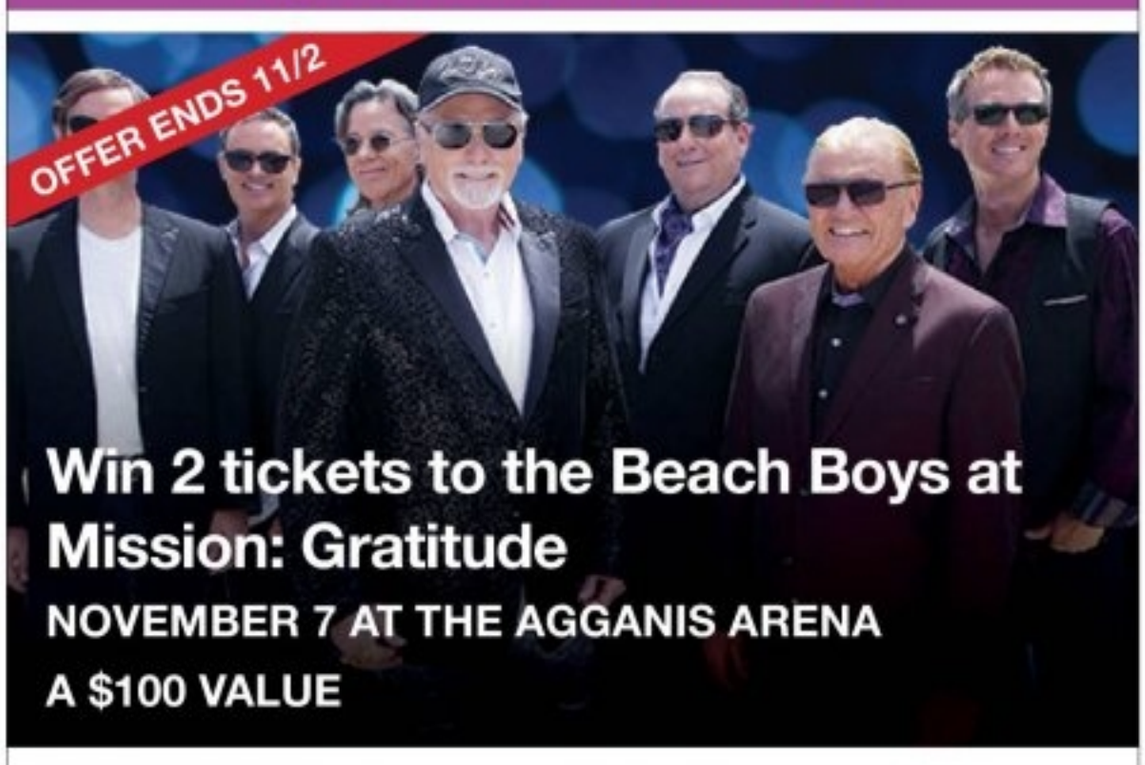

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I'M CALLING IT: JAYLEN BROWN IS THE NEXT KOBE

MATT BURKE

OPINION

Matt Burke is the National Sports Editor and a columnist at Metro US.

Follow him on Twitter @burke_metro

Just a week into the season and it's clear Jaylen Brown will be the most fascinating player to watch this season. GETTY IMAGES

I've seen enough.

Jaylen Brown is going to be the next great Celtic. He will be the first great Celtic we'll get to see grow all the way from rookie to perennial All-Star to cagey veteran since Paul Pierce. Book it.

Seriously, there's just something about this kid. Just watching him away from the basketball, he is all sorts of active — almost spastic. When he has the ball, we've already seen him do things that he shouldn't be able to do — like that turnaround, fade-away bank shot he had against the Nets on opening night. In that instance, the kid from Cal looked like Kobe Bryant circa 2007. Rookies, even rookies drafted in the top three, are not supposed to try that shot — let alone hit it.

Against the Bulls on night two, Brown effortlessly hit a mid-range bucket — looking exactly like Kawhi Leonard. It was beautiful. A throwback.

We have yet to be treated to one of his patented tomahawk dunks, but it's coming.

Brad Stevens and Danny Ainge obviously agree with me that Brown is going to be something special as the rook has averaged 19.5 minutes through his first two games. That's pretty damn high for a rookie that's playing on a deep team that's expected to reach 50 wins.

Against the Bulls on Thursday night, Brown basically played the entire fourth quarter — gaining valuable experience. He screwed up massively in the closing minutes with the Celtics down two, getting caught in the air and being called for a traveling violation. That game looked like it was headed for OT until Brown eff'd up.

Make no mistake, though, that won't deter Stevens from putting him out there in crunch time going forward. The Celtics' brass see the big picture. Brown is learning the NBA the hard way, and you can almost see him getting mentally better each minute he's on the floor.

On opening night against the Nets, he scored nine points on 3-of-4 shooting in 19 minutes, pulled down two rebounds, had an assist, a steal and two blocks. Against the Bulls the next night, he registered eight points on 4-of-7 shooting in 20 minutes, had one rebound and one assist. Not exactly Chamberlain-esque stat lines, but he's not even a week into his career, and the monster numbers will come (for reference, Kobe scored a grand total of six points in his first three career games).

Now, it's been a little difficult to find a good NBA player comparison for Brown. His NBADraft.net profile listed him as a "Jason Richardson – Jimmy Butler type."

Hell, he reminds me of a young Kobe (hyperbole, hyshmerbole!). Some guy on Twitter told me he reminds him of Dominique Wilkins (meh). Many others have said he's Dee Brown 2.0 (wears No. 7, is skinny, has an early '90s hairstyle, is actually named Brown ... but that's just too easy).

No doubt, Brown will be the most intriguing player on the Celtics this season. As all potentially great rookies do, he will have some spectacular moments and some horribly ugly moments — and we have already seen a mix of both. But there will be guaranteed growth from now until the end of the season. So much so that Ainge will place him on his very short "do not trade" list (as high a compliment as any).

I've seen enough, as Brown passes the eyeball test with flying colors. The No. 3 overall pick of the 2016 NBA Draft, who got the Donovan McNabb treatment from Boston fans on draft night, will be the next great Celtic. Mark it down.

B's find out the hard way how valuable Tuukka Rask can be

Bruins goaltender Tuukka Rask is already paid handsomely enough (an eight-year contract worth $56 million through 2020-21), otherwise you know that his agent would be negotiating a new deal as we speak.

It's a very small sample size into the 2016-17 campaign, but could Boston's franchise goaltender's value be any clearer after we've already seen three other guys temporarily take his place (Anton Khudobin, Malcolm Subban and Zane McIntyre) with no success? Boston is 4-4-0 overall while Rask is 4-0-0 with a 1.26 goals against average and .958 save percentage after Saturday's 1-0 shutout victory against the Red Wings (6-3-0). Rask missed three games in a row dealing with an unspecified injury (the always vague general soreness) and the B's proceeded to lose all three in one-sided fashion.

Making the 24-save shutout even more impressive (besides the fact that it was his first game action since Oct. 20) was that Detroit came in as the hottest team in the NHL riding a six-game win streak. It was the 31st shutout of Rask's career, tying him with Tim Thomas for the third-most in franchise history.

"Having Tuukka back there is huge, because you know he's going to keep you in the game," said Bruins center Dominic Moore (a former Harvard star) who assisted on the game's lone goal by winger Tim Schaller in the second period. "He gives you the confidence to play your game."

It looks like Boston's margin of error won't be too great this season, thus magnifying Rask's importance since they figure to be on both sides of many one-goal games. The good news for the Bruins is that their Finnish star sounded optimistic about his health after the win at Joe Louis Arena: "I felt really good out there. This isn't going to be a problem going forward." As the calendar flips to November, the team will need plenty out of Rask as their next six games (three at TD Garden, three on the road) are all against Eastern Conference foes.

How far can Tuukka Rask carry the Bruins this season? GETTY IMAGES

The Bruins are at Florida (3-4-1) on Tuesday (7:30 p.m., NESN) and at Tampa Bay (5-3-0) on Thursday (7:30 p.m., NESN) before returning home to face the Rangers (5-3-0) on Saturday (7 p.m., NESN) and Sabres (2-3-2) next Monday (7 p.m., NESN). After Subban was mercifully sent back to Providence on Saturday, McIntyre remains Rask's backup for the moment since Khudobin is expected to miss three weeks due to an upper-body injury. At least McIntyre (26 saves) showed glimpses of NHL potential in his first career start (a 5-2 loss at the Rangers on Wednesday) which is more than you can say of Subban in his two disastrous Bruins starts (including last Tuesday's 5-0 loss to Minnesota where he got pulled after three goals allowed), but clearly head coach Claude Julien will look to avoid throwing an AHL goalie back in there if he doesn't have to. RICHARD SLATE

Gronk is better than you think

The Patriots star tight end recently set a team record with his 69th touchdown catch.

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sports@metro.us

Rob Gronkowski is among the best offensive players in Pats history. GETTY IMAGES

Sometime between party rocking, crushing the weight room, chuckling through his "69" references and throwing dudes "out the club", Rob Gronkowski has found his way into the hearts and homes of Patriots fans — especially on Sundays.

And it doesn't just end there. As unlikable as the Patriots are on a national level, you won't find many that genuinely dislike Gronkowski.

That the Patriots go as Tom Brady goes is the ultimate truth, but not far behind that statement is the fact that Brady has benefited from having the prototypical football superstar in the man simply known as Gronk. And the Patriots need a healthy Gronk almost as much as they need a healthy Brady.

While health hasn't always been on Gronkowski's side, when he is healthy and on the field, he appears to be a man among boys, tossing defenders aside as he rumbles down the field, often times into the end zone.

The end zone has been a place where Gronkowski has found himself often. Sixty-nine times, to be exact — something he'd be quick to point out to anybody who brought it up.

And that 69th time, which occurred in the second quarter of Sunday's 41-25 win over the Bills, set the Patriots all-time touchdown mark.

Gronkowski should go down as the GOAT at the tight end position. Heck, you could make the argument that right now, at age 27, Gronkowski is the best tight end of all-time.

He's the first tight end to eclipse 1,000 yards receiving and 10-plus touchdowns in the same season three times.

He was the first tight end in NFL history to have three straight 10-plus touchdown seasons, and if he hits 10 this year, he will have done it twice (2010-12, 2014-16). His five seasons of double-digit touchdowns is an NFL record among tight ends.

He is one of five tight ends to reach 60 or more career touchdowns, and he did it in just 70 games, a whopping 40 less than the next-fastest, Antonio Gates. He holds the single season record for receiving yards by a tight end, with 1,327 in 2011.

The list goes on, folks.

"I love being part of this organization," Gronkowski told reporters on Sunday. "I love being part of the Brady Era. I mean, I couldn't ask to be in any better situation when I got drafted here seven years ago. It was definitely an honor. And I'm superglad that that's what happened. I got drafted to the New England Patriots, man. So it's just awesome to come here and tear it up."

Patriots trade LB Jamie Collins to Browns for draft pick

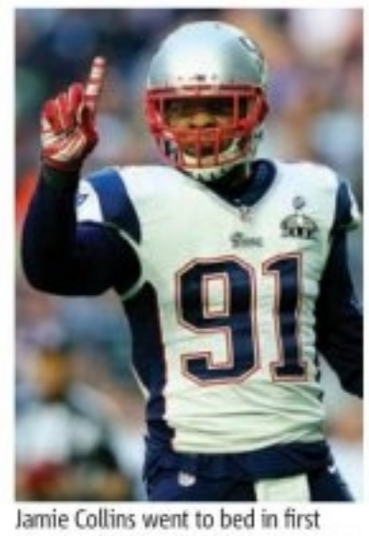
The NFL trade deadline is Tuesday afternoon and the Patriots are in first place. But it looks like, at least in their most recent dealings, they'll be sellers.

The Pats have agreed to send linebacker Jamie Collins to Cleveland in exchange for a compensatory third round draft pick. Adam Schefter confirmed the reports just after noon Monday.

Collins is a fourth-year pro and made the Pro Bowl for the first time last season. In seven games for the this season he had 43 tackles, two interceptions and a forced fumble. He sat out Week 6 with an injury.

The Pats are being proactive with this trade, trying to minimize the damage that could ensue when New England and Collins are inevitably unable to reach a deal in the offseason when he becomes a free agent.

The franchise tag at linebacker would be near $15 million next season, so essentially the Pats are getting something for him before he walks — and admitting that price is too high. EVAN MACY


Jamie Collins went to bed in first place and woke up 0-8. GETTY IMAGES

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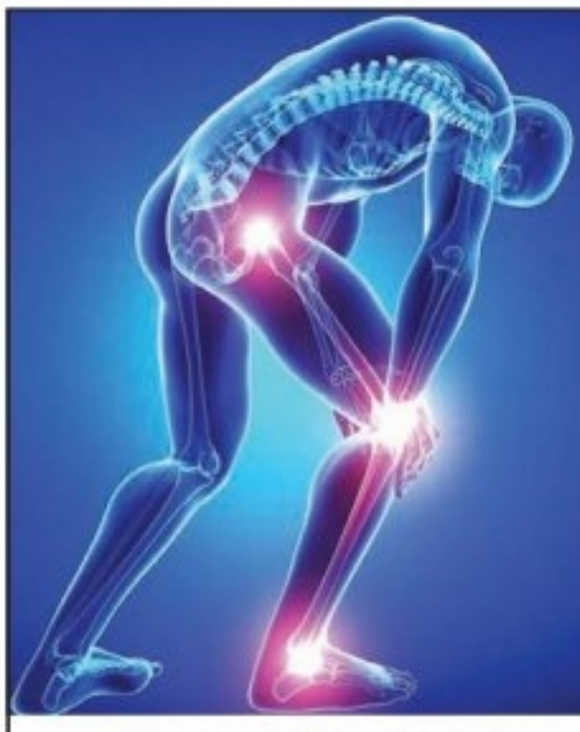

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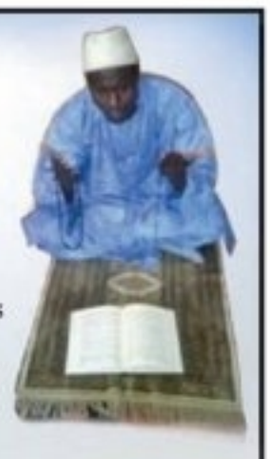

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46 Make haste
47 Harness piece
48 Curry spice
51 Went undercover
53 Not her
56 Mica
58 Mad Hatter's guest
60 Relate
61 Besides
62 Romeo, to Juliet
63 Whirlpool
64 Envelope abbr.
65 Type of jacket

Down
1 Large volume
2 Statuesque model
3 Pops
4 I knew it!
5 Kerosene, for one (2 wds.)
6 Hombre's honorific
7 Persia, today
8 Boat with oars
9 PC key
10 Net worth
11 Mr. Feliciano
12 School grad
13 Antarctic sea
19 Megastars, to fans
22 U.K. locale
24 Sturdy lock
25 Spouted, as a whale
26 Wan
27 Kayak's kin
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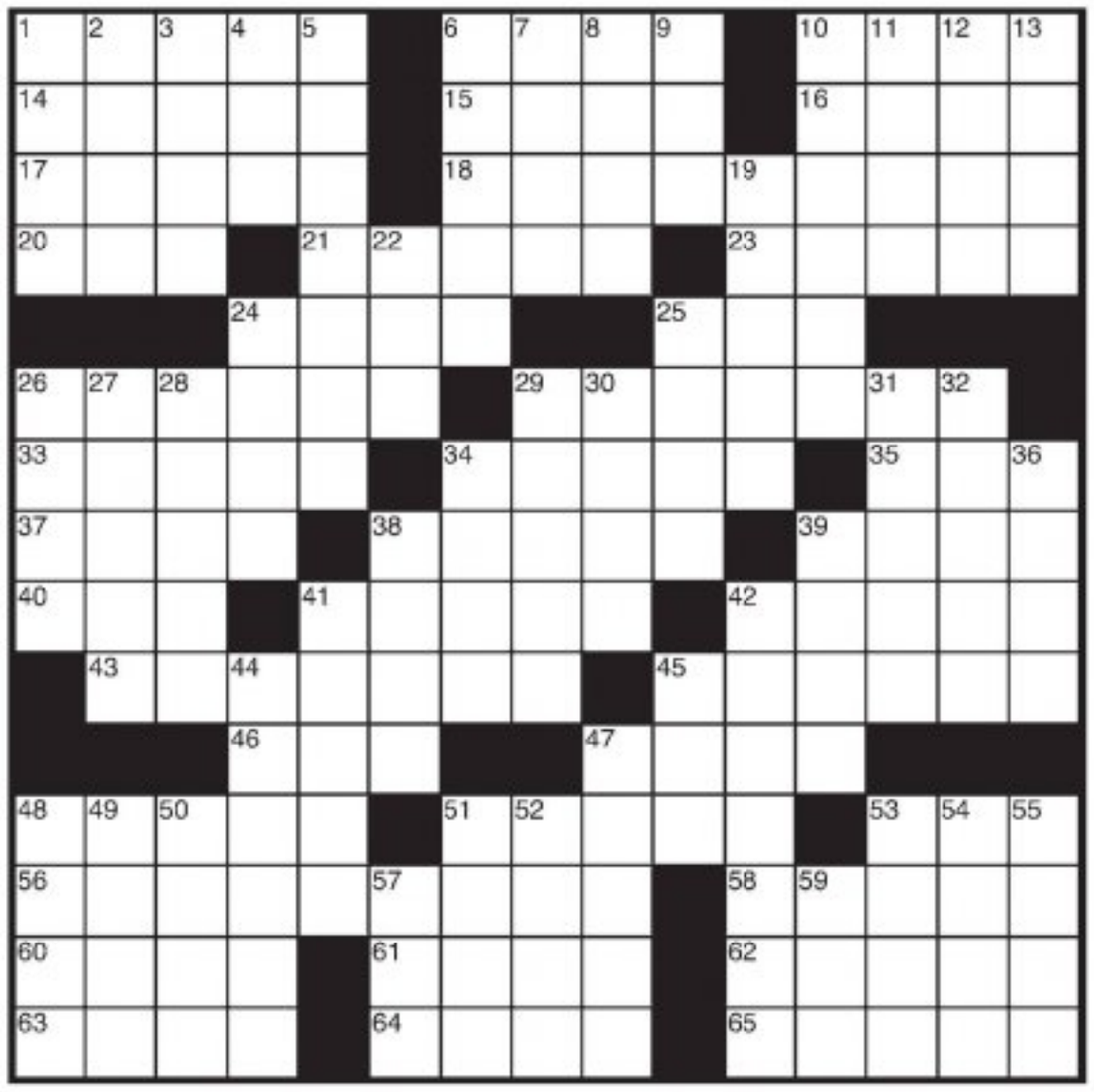

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easy

	5				3			
	8				9	2		5
6		9	5	1				
		1			2		8	
2		4				5		1
	9		1			3		
				3	7	1		6
3		2	4				7	
			6				2	

hard

		8		7		2	1	
3					2		8	
	2				5		7	3
5			6				9	
			4		7			
	9				3			1
1	4		7				2	
	6		2					7
	7	3		1		6		

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Aries Plan a vacation or business trip. Your negotiating skills will help you get what you want. You won't be able to please everyone, but offering incentives will help.

Taurus Keep your motives honest and your plans on track. If you have nothing to hide, you will avoid interference. A partnership will improve if you focus on transparency.

Gemini Trust in yourself. You can present an idea, but don't reveal pertinent information. Stay in control, or someone will take credit for your work.

Cancer An idea or skill you have should be developed further. Something you do for someone you care about will benefit you as well.

Leo Avoid complaints by taking care of your responsibilities. An outing with friends, a networking event, relaxation session or romantic evening looks promising.

Virgo Don't let someone's disgruntled attitude get you down. Do what you can and move on to the people and pastimes that bring you the most satisfaction and joy.

Libra An interesting alternative to how or where you work will get you thinking about making a change. Do your homework before you take a leap of faith.

Scorpio You can lend a helping hand, but don't let anyone take advantage of your generosity. Gauge your time and delegate responsibility fairly.

Sagittarius Personal changes will make you feel good about your appearance. Your added confidence will result in new opportunities. Make a commitment and celebrate.

Capricorn You'll encounter deception from someone you thought you could trust. Don't share your strategy for success with anyone. Execute your plans secretively. Play to win.

Aquarius Put your best foot forward to be considered for a higher position. If you play your cards right, you could gain added recognition and respect from your peers.

Pisces Stick to the truth. Focus on what you can do for others and the incentives you can offer in order to get something in return.

EUGENIA LAST

Yesterday's answers

S	M	O	G	■	R	O	P	E	■	O	R	I	O	N
H	E	N	S	■	U	F	O	S	■	C	A	N	D	O
E	T	T	A	■	M	T	N	S	■	T	R	I	O	S
E	R	A	■	C	O	E	D	■	P	O	E	T	R	Y
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S	N	A	K	E	■	A	S	T	I	■	I	V	A	N
A	C	T	E	D	■	R	E	E	D	■	L	E	S	E

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